

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

Wow - never thought of this, but now that you ask - being 68 skin naturally ages - so I haven't taken note of my skin, but my hair is shiny and thicker and I have longer thicker finger nails than I've ever had.

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Finger nails, Toenails and hair are healthier. My hair seems to have gotten thicker and grows much faster. My hair has always been thin and I now actually have body and ^{is} thicker, fuller

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alot of people do not think I am anywhere near the age I am. my hair grows quickly & is healthy. my face I've been told looks 10 years younger.

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I definately have reduced inflammation as I have osteo arthrities, skin is good and hair grows like crazy.

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Actually, my hair is better... more hair. My hairdresser noticed all the new growth and asked if I had been anemic before.

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My skin and hair are very healthy and good looking because of my diet which includes hemp hearts everyday.

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Please describe any external changes experienced with respect to skin and hair conditions:

my skin is not dry anymore, my nails don't split into layers and grow fast. I have gray hair, but lately have noticed more of my old color coming back. It also grows fast.

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Please describe any external changes experienced with respect to skin and hair conditions:

my hair and skin is normal. No hair loss and my skin has more moisture.